



Fire White

Practice Plan

Date: 11-8-17

Time: 20:15-21:45

Arena: Norma Bush

Lines:

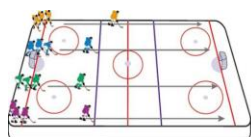
Goalie coach from GDI first hour.

Point shots, one timers, cutting in

Notes:

Edges, balance, passing, shooting,

Power play 5-4, 5-3, puck protection



2' Big moves warm up Goalies with Mel

8' Edges led by captains

A2 Skating Warm-up for Edges and Balance Key Points: Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Description: A2 Formation - Players start at one end and skate to the other end. - inside edges - out and in using a snowplow. - inside edges - sculling one leg at a time on the inside edges. - outside and inside edges - slalom with the skates together and a good knee bend. - balance and edges - one length of the ice on each leg. Repeat the same sequence but skate Backward.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113>



7'

B202 Pass to All Players

Key Points:

Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

*Compete to see who makes the most passes.

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8'

D202 Neutral Zone Keep-away With Jokers U-15 Boy's

Key Points:

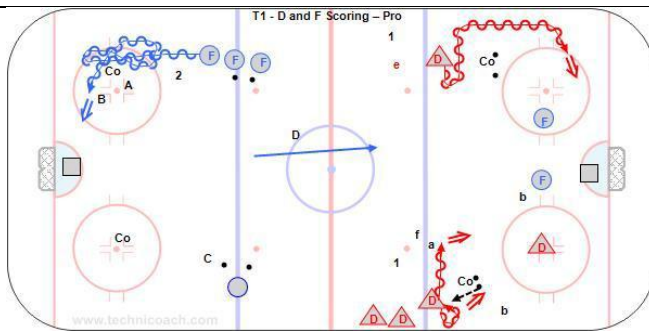
Protect the puck, use fakes and change the type of passes and the situation.

This is a great game to practice puck support, getting open, passing and puck protection.

Description:

1. Active players are in the middle.
2. Jokers are lined up along the blue lines with half the team on each side.

3. Passes to Jokers are allowed.
 4. Play even situations up to 3-3.
 5. Vary the situations 2-1, 3-1, 3-2.
 6. On whistle leave from one end and return to the line-up at the other end.
- * Award one point for making 5 consecutive passes to the players in the middle and keep score.
 - * Make a Tocar-Tocar (two touch).
 - * This is also a great hockey specific conditioning activity.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150302095306714>



15' Jim with D and Kailey with F. Extra nets

T1 - D and F Scoring – Pro

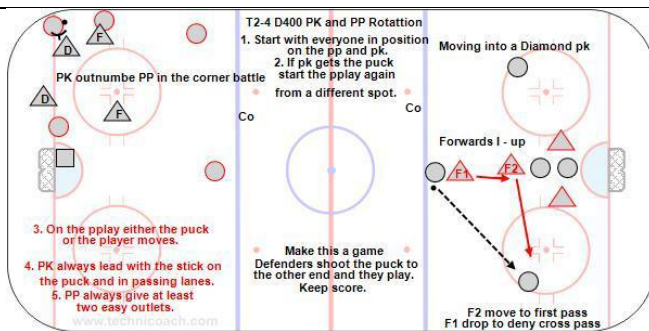
Key Points:

Forwards work on cut backs along the side boards and defense work on shots from the point and coming down the wall with the puck. Players screen, tip, rebound and shot pass from in front.

Description:

1. Defensemen work on scoring starting from the point.
 - a. Get a pass then skate inside the dot and shoot.
 - b. One player screen, tip or put in a rebound.
 - c. Fake inside and go back outside and shoot.
 - d. Skate inside then outside, down the boards and shoot.
 - e. Switch sides and repeat the sequence.
 - f. On backhand skate forward inside then turn and shoot.
 2. Forwards work on protecting the puck along the boards and going to the net.
 - A. Coach give passive resistance.
 - B. Get the lead shoulder inside of the defender and go to the net protecting the puck with the body.
 - C. Repeat from both sides.
 - D. After each rep screen the goalie at the other end.
- <http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170907170719865>

<https://youtu.be/ncEjyghalxU>



20' Jim and Kailey PP review One Goalie

T2-4 D400 PK and PP Rotation-Detroit

Key Points:

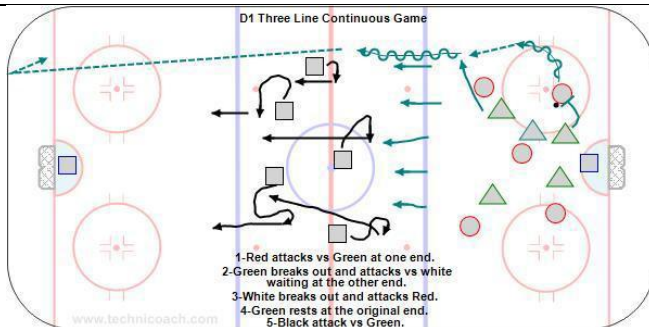
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

Description:

1. Start with everyone in position on the pp and pk.
2. If pk gets the puck start the pplay again from a different spot.
3. On the pplay either the puck or the player moves.
4. PK always lead with the stick on the puck and in passing lanes.
5. PP always give at least two easy outlets.
6. PP give low support when puck on half wall.
7. PK cut the ice in half and force passes that must beat two defenders.
8. Work at each end 30-60" rotate on whistle.

*Game situation: defenders shoot puck to other end.

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15' 5-4 and 5-3

T2-4 - Continuous Three Team Game - Passive Resistance – Pro

Key Points:

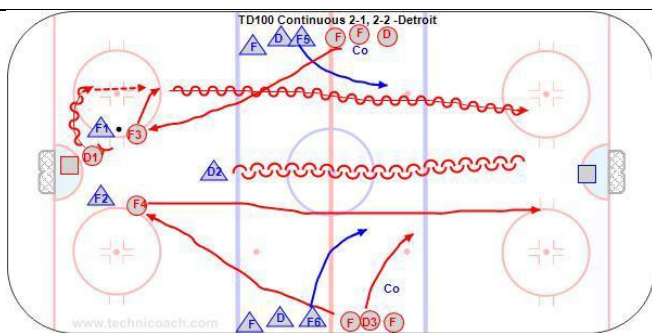
Practice offensive and defensive team play with passive resistance where players practice positioning in both situations. You can also play this as a live scrimmage and use the same rotation for PP and PK. To work on PK have either 3 or 4 players waiting in the neutral zone.

Description:

1. Start with a dump in and 5-0 breakout.
2. Defending team wait in the neutral zone and go back to breakout on the dump-in.
3. Offensive team forecheck with a wide 1-2-2 and a 2-1-2 when F1 creates pressure.
4. Use various breakout options as; boards, reverse, quick to C, C touch back to Wing, etc.
5. Three forwards and two defensemen wait in the neutral zone when the puck enters each end.
6. The new players go back for the dump-in and breakout.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171003160114595>

https://youtu.be/jli_o4eSyMc



15'

DT100 Continuous 2-1, 2-2 -Detroit

Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

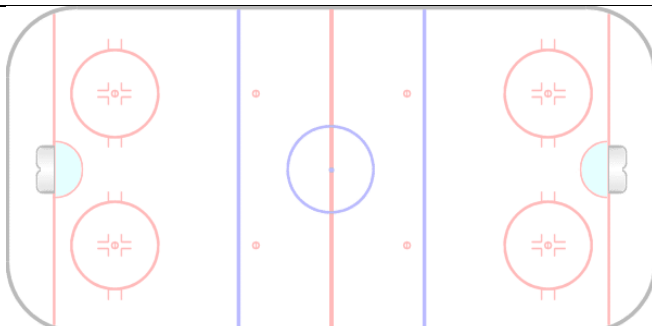
Description:

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>

Get pucks meet in middle



Explanation/Notes: